

Cardio Challenge Hall Of Fame Q&A



RYAN SHANAHAN

Ryan is the captain of the Energy Flow Racing Team, consisting of a select group of his personal training clients. Additionally, Ryan finished the Cardio Challenge in 4th place.

Q *What was your typical cardio routine?*

A Last summer the Cardio Challenge inspired me to start cycling to work appointments. This would add up to 40 k a day. Also I would do 2-3 7K runs with Estella (fellow Cardio Challenge Participant). When winter came I hit the indoor bike for 30-45 rides after every weight work out. If it wasn't for the cardio challenge, I probably would have skipped those indoor bike sessions.

Q *What moment in the race got you the most motivated?*

A Brendan Fox and Ryan Shanahan are without doubt the 2 Best personal trainers in Toronto, if not the Universe. My motivation was to test myself against a machine like Brendan. My primary goal was not to let Brendan finish before me. Every "You have been passed" e-mail would have me back into cardio mode very quickly.

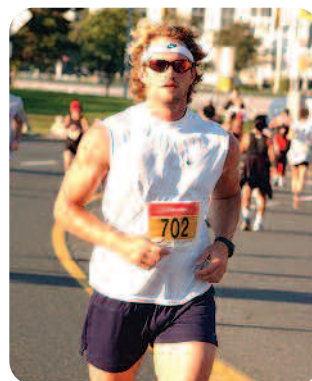
Q *What kind of physical changes did you notice during the race?*

A My body got ripped! I have not had this much definition since my pro hockey days. I feel young, healthy, energetic, and very confident.

"If it wasn't for the Cardio Challenge, I probably would have skipped those indoor bike sessions."

Q *What advice do you have to all those who aspire to meet you at the finish line?*

A You must do 5 cardio sessions a week. Make a habit of entering each days cardio session onto the Cardio Challenge site. Make a personal decision to mke progress and always strive to be the best you.



RYAN SHANAHAN'S RACE STATS FROM TORONTO TO HALIFAX:

TOTAL DISTANCE	TOTAL CALORIES	WORKOUTS	AVG. DISTANCE	AVG. DURATION	AVG. SPEED
1 123.01 MILES	68 150.37	101	11.12 MILES	66.87 MIN.	9.98 MILES/HR